

MEMORY SQUARE AUGUST 2018

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY																																						
LANES	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	LANES																																						
7:00 AM	LAP SWIM						LAP SWIM						LAP SWIM						LAP SWIM						LAP SWIM						LAP SWIM						LAP SWIM						7:00 AM																																
8:00 AM	LAP SWIM						LAP SWIM						LAP SWIM						LAP SWIM						LAP SWIM						LAP SWIM						Tri Training						8:00 AM																																
9:00 AM	AQUA FITNESS SHALLOW		L A P		SET YOUR PACE SHALLOW						AQUA FITNESS SHALLOW		L A P		SET YOUR PACE SHALLOW				H.I.I.T		L A P		LAP SWIM						LAP SWIM						9:00 AM																																								
10:00 AM	M I N I S		S W I M		LAP SWIM/ FLUID RUN						M I N I S		S W I M		LAP SWIM/ FLUID RUN				AQUA FLEX		S W I M														10:00 AM																																								
11:00 AM	M I N I S		S W I M		LAP SWIM/ FLUID RUN						M I N I S		S W I M		LAP SWIM/ FLUID RUN				AQUA FLEX		S W I M														11:00 AM																																								
12:00 PM	LAP SWIM/ DEEP AERO.						LAP SWIM/ DEEP AERO.						LAP SWIM/ DEEP AERO						LAP SWIM/ DEEP AERO						O P E N S W I M						O P E N S W I M						12:00 PM																																						
1:00 PM	O P E N		L A P		O P E N						L A P		O P E N				L A P		O P E N S W I M						O P E N S W I M						1:00 PM																																												
2:00 PM	O P E N		S W I M		O P E N						L A P		O P E N				S W I M		O P E N S W I M						O P E N S W I M						2:00 PM																																												
3:00 PM	S W I M		M I N I S		S W I M						L A P		S W I M				L A P		S W I M						S W I M						3:00 PM																																												
4:00 PM	M I N I S		M I N I S		W I M						M I N I S		W I M				M I N I S		W I M						LAP SWIM/ DEEP AERO.						4:00 PM																																												
5:00 PM	M I N I S		M I N I S		W I M						M I N I S		W I M				M I N I S		W I M						TONE & FLEX						5:00 PM																																												
6:00 PM	LAP SWIM/ DEEP AERO. INTERVALS						LAP SWIM						LAP SWIM/ DEEP AERO. INTERVALS						LAP SWIM						LAP SWIM/ DEEP AERO. INTERVALS						LAP SWIM						6:00 PM																																						
7:00 PM																																					7:00 PM																																						

**Schedule subject to change
based on user group needs.**

For rules/regulations, please see our catalog; for questions or concerns, please contact Kate Meyer at 303.335.4927 or katem@louisvilleco.gov

**SPLASH POOL IS OPEN DURING ALL
OPEN SWIM HOURS**